

5 A Day Recipes

Snacks

Strawberry Yogurt Split

Serves 1

- 1 banana
- 4 oz. (1 cup) fresh strawberries
- 1 Tbsp. chopped, toasted almonds

Peel and split 1 banana. Place banana halves in serving bowl. Top with strawberries, yogurt, and almonds.

This is an official 5 A Day recipe, and provides two servings of fruit.

Nutritional Analysis Per Serving

Calories: 312

Fat: 7 g

Cholesterol: 5 mg

Fiber: 5 g

Sodium: 75 mg

% Calories from Fat: 19%

Recipe provided by the California Strawberry Advisory Board.